

Eco-Community Dialogues Newsletter

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Iodine Deficiency Linked to FUKUSHIMA DAIICHI

Radioactive 1-131 iodine displaces the isotope of iodine 1-127, causing Iodine Deficiency. Ten weeks after FUKUSHIMA DAIICHI there was a 48% increase in infant mortality rates and congenital hypothyroidism trends are continuing.

The WORLD HEALTH ORGANIZATION announced that more than 96% of Americans have iodine deficiency. *Iodine Deficiency Disorders* are defined as spontaneous abortions, congenital anomalies, perinatal mortality, and stillbirth.

(Sources: December 2011 INTERNATIONAL JOURNAL OF HEALTH SERVICES, "An Unexpected Mortality Increase in the United States Follows Arrival of the Radioactive Plume from Fukushima: Is There a Correlation?" by J. Mangano; <http://www.rphp.org/press/release110603PhiladelphiaResults.html>; Volume 33, Issue 4, HEALING OUR WORLD, "Genetically Engineered Food Linked with Iodine Deficiency and Congenital Birth Defects" by Rabbi Gabriel Cousens, MD, MD (H), Dr. Brian Clement, Nonnie Chrystal, and Rudhi Lenardi; HIPPOCRATES HEALTH INSTITUTE; TREE OF LIFE CENTER U.S.)

Iodine Deficiency and GMO Food

Halogen Displacement is the other cause of Iodine Deficiency. The thyroid needs *iodine* because *thyroxin* is comprised of four iodine atoms. Dr. David Derry, MD, PhD, posits that GENOME DNA and MITOCHONDRIA DNA have *thyroxine* receptor sites.

Genetically Modified Organism (GMO) biopesticide crops are engineered to tolerate ROUNDUP READY with the ingredient of GLYPHOSATE, a toxic synthetic acid that dirties the bloodstream and impedes oxygenated blood flow. The synthetic acid is formulated as a "salt" of the deprotonated acid of glyphosate AND a cation, such as isopropylamine or trimethylsulfonium.

GLYPHOSATE synthesis begins with *phosphorus trichloride*, but the chlorine atoms of *phosphorus trichloride* do not typically end up in GLYPHOSATE. What ends up in GLYPHOSATE is a formulated "Salt" additive for handling and packaging ease. Some manufacturers do not list the added allegedly inert "Salt" at all because it doesn't control weeds.

Even the NATIONAL LIBRARY OF MEDICINE fails to show the molecular structure of added *trimethylsulfonium bromide* or *trimethylsulfonium chloride* "Salt" ingredients that combine with weed control toxins such as *diquat dibromide* to create GLYPHOSATE formulas such as RESOLVA and ROUNDUP READY which is inserted into the DNA of GMO seeds and/or the GMO crops are sprayed with.

Independent medical researcher, Nonnie Chrystal, has correlated iodine deficiency and congenital birth defects with these undisclosed allegedly inert additive ingredients that include *toxic halogens*, called "salts". Group VII of the PERIODIC TABLE lists "salts" as *chlorine, bromine, fluorine, and iodine*. The body needs iodine 1-127 to sustain life.

Because iodine is a heavier element the lower molecular weight of chlorine, chloride, *chlorate*, *bromine*, *bromide*, *bromate*, *fluorine*, and *fluoride* displace iodine.

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She posits that *trimethylsulfonium bromide* or *trimethylsulfonium chloride* is in GMO food. That is reason enough for full disclosure of all allegedly inert ingredients because if any of the additive "Salt" in GMO food contains any variation of *bromine*, *chlorine*, or *fluorine*, then **Halogen Displacement** of valuable iodine, would lead to iodine deficiency of the American population.

Furthermore, in order to assess which "Salts" of GLYPHOSATE have contaminated the food supply, product testing must be done with the products as they are actually used. When active and allegedly inert toxins are combined together the hazardous combination must be accurately assessed. Many toxicology studies have used GLYPHOSATE alone, without the other allegedly inert ingredients. Those studies are therefore incomplete in showing how hazardous the toxic synergy is.

Now that you know toxic halogens called "Salts" are hidden behind the GMO non-disclosure veil in the food you eat, and that **Halogen Displacement** is linked with **Iodine Deficiency Disorders** that 96% of the American people suffer, you may want to educate yourself further about the drawbacks of GMO's, visit www.gmwatch.org.

(Source: Volume 33, Issue 4, HEALING OUR WORLD, "Genetically Engineered Food Linked with Iodine Deficiency and Congenital Birth Defects" by Rabbi Gabriel Cousens, MD, MD (H), Dr. Brian Clement, Nonnie Chrystal, and Rudhi Lenardi; HIPPOCRATES HEALTH INSTITUTE; TREE OF LIFE CENTER U.S.)

Non-Hodgkin Lymphoma linked to Glyphosate in ROUNDUP

There has been a dramatic 80% increase in non-Hodgkin's lymphoma. The March 15, 1999 Volume 85, Number 6 of CANCER published a, "A Case-Control Study of Non-Hodgkin Lymphoma and Exposure to Pesticides" that correlated GLYPHOSATE with increased lymphoma risk. The researchers were Lennart Hardell, M.D., PhD. With the Department of Oncology at the OREBRO MEDICAL CENTRE of Orebro, SWEDEN, and Mikael Eriksson, M.D., PhD, with the Department of Oncology at UNIVERSITY HOSPITAL, IN Lund, SWEDEN.

GMO Food Genocide

According to Dr. Don Huber of PURDUE UNIVERSITY an entire generation has suffered health loss with 35 diseases linked to GMO crops.

Seven years ago researchers found that GLYSOPHATE in ROUNDUP READY damaged human embryonic and placental cells even at concentrations below what is used in agriculture. See the July 2007 TOXICOLOGY, "Time and Dose-Dependent Effects of Roundup on Human Embryonic and Placental Cells" by N. Benachour, C. Gasnier, S. Moslemi, B Seralini, and H. Sipahutar.

Two years ago, another study was conducted in CANADA that detected significant levels of the insecticidal *Cry1Ab protein*, which is present in GMO *Bt* crops. The insecticidal protein was circulating in the bloodstream of women, including pregnant women and their fetuses. See the 2011 REPRODUCTIVE TOXICOLOGY, "Maternal and Fetal Exposure to Pesticides Associated to GMO Foods in Eastern Townships of Quebec" by Aris Leblanc.

Rudhi Lenardi, with the PRESERVE ORGANIC POWER Campaign, implicates that the **GMO food genocide of children and newborns is criminal**. Pregnant and nursing women ought to be warned of the dangers to their babies. You could stay informed, educate others, and vote. You could send letters to the FOOD AND DRUG ADMINISTRATION (FDA), to your elected public officials, and to CONGRESS demanding GMO warning labels such as the one below be put on all GMO food to protect babies from birth defects.

GOVERNMENT WARNING: This food may contain GMO ingredients. According to the Surgeon General women should not eat GMO food prior to or during pregnancy or nursing because of the risk of birth defects. Young children should not eat GMO food because of the risk of toxicity and serious health problems. Consumption of this product may cause serious health problems.
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In OREGON you could call U.S. Senator Ron Wyden at 202.224.5244 to plead for CONGRESS to pass DeFazio's "GENETICALLY ENGINEERED FOOD RIGHT-TO-KNOW ACT" and Boxer's companion SENATE BILL. Both bills are in committees.

You could pass this newsletter forward to let others know, because sufficient research has been completed enough already, to conclude that GMO's are biopesticide crops that pose an explicit human health danger. *It's time to wake up, America!*

Actually 65 other nations have already banned or mandated labeling of GMO foods. Most states in America have GMO labeling initiatives or GMO crop ban legislation pending. A list of state updates is at www.POPCampaign.org.

It's important to get to know your local organic farmers and to obtain the non-GMO buying guide from the CENTER FOR FOOD SAFETY to use when you shop. See www.CenterForFoodSafety.org.

Grandmothers could join forces with other women in having a national voice. The movement is called A MILLION MOMS FOR PRESERVING ORGANIC POWER at www.Moms4Pop.org.

(Source: Volume 33, Issue 4, HEALING OUR WORLD, "Genetically Engineered Food Linked with Iodine Deficiency and Congenital Birth Defects" by Rabbi Gabriel Cousens, MD, MD (H), Dr. Brian Clement, Nonnie Chrystal, and Rudhi Lenardi; HIPPOCRATESHEALTH INSTITUTE; TREE OF LIFE CENTER U.S.)

Women are Awakening

Will you shift your perspective or will a changing world view shift you. According to Attorney Edward Tabash, women must fight religious dogmas wielding substantial power for patriarchal belief systems. He claims the world's traditional religions are based upon scriptures that unambiguously order women to be subordinate to men. What happens when women eagerly cast off millennia of religiously decreed oppression from taking the words of the Bible and the Koran literally. Attorney Tabash asserts there can be no true equality for women as long as the majority of society deems moral values should be undergirded by an ultimate male force that has issued revelations requiring male hegemony.

The Bahai Faith of the New World Order of Baha'u'llah claims to be the fastest growing new religion. The equality of men and women is a compelling dogma that the Bahai women are invoking.

"It is well established in history that where woman has not participated in human affairs the outcomes have never attained a state of completion and perfection. On the other hand, every influential undertaking of the human world wherein woman has been a participant has attained importance...In truth, woman will be the greatest factor in establishing universal peace and international arbitration. Assuredly, woman will abolish warfare among mankind....women must advance and fulfill their mission in all departments of life,...The woman is indeed of the greater importance to the race."

--WOMEN, by Baha'u'llah, p. 33

"Until the reality of equality between man and woman is fully established and attained, the highest social development of mankind is not possible...And let it be known once more that until woman and man recognize, and realize equality, social and political progress here or anywhere will not be possible."

--PROMULGATION OF UNIVERSAL PEACE, by 'Abdu'l-Baha, pp. 76-77

"...they will, by themselves and unaided, comprehend these inner meanings; a station where, out of the truth of their inmost hearts, a spring of wisdom will well up, and jet forth even as a fountain that leapeth from its own original source."

--SELECTIONS FROM THE WRITINGS OF 'ABDU'L-BAHA, by 'Abdu'l-Baha, p. 167

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Women's Power to Stop War

Women have the greatest stake in preserving peace in their countries. The WOMEN'S INTERNATIONAL LEAGUE FOR PEACE AND FREEDOM (WILPF) is a secular organization that has existed for nearly 100 years as a local and global social movement. The coming together of women in WILPF started a long-term cooperation and exchange of woman's experiences, knowledge, and supportive empowerment of one another. Learn more about your local WILPF Branch and what's going on globally at www.wilpfus.org.

White House Recipe Contest Winner

The Let's Move campaign sponsored the WHITE HOUSE's nutritious food recipe contest. Winner of the WHITE HOUSE recipe contest is *Vegan Chef Noah Koch*, who is nine-years old.

The *Physicians Committee for Responsible Medicine* hosted the "Healthy on the Hill" summer luncheon for CAPITOL HILL. Over 120 members of CONGRESS, staffers, interns, and journalists attended the vegan event to interview the young Chef.

According to the *Director of Government Affairs, Noah Gitrell*, there was a demonstration about how to prepare ten easy vegan breakfast, lunch, and dinner items in 10 minutes, and the *Physicians Committee for Responsible Medicine* handed out the new booklet "Healthy on the Hill: A Guide to Veg-Friendly Fare on Capitol Hill" about the benefits of a vegan diet. The booklet can be downloaded at www.PCRM.org/Blog. Vegans eat plants.

(Source: Autumn 2013, GOOD MEDICINE, "Congress Gets Healthy with 9-Year Old Vegan Chef Noah Koch"; PHYSICIANS COMMITTEE FOR RESPONSIBLE MEDICINE at www.PCRM.org/Blog)

Hospital Food Needs Improving

Hospitals may need help in making their overall food service operation buy and serve healthier and more sustainably produced food. The OREGON PHYSICIANS FOR SOCIAL RESPONSIBILITY's "Healthy Food Program" is a joint venture with HEALTH CARE WITHOUT HARM's "Healthy Food in Health Care Program". Together the two groups engage health care professionals to advocate for healthier food for patients and communities. The website is www.oregonpsr.org.

Hippocrates Health Institute

If you would like to receive the HIPPOCRATES HEALTH INSTITUTE's magazine, "Healing Our World" call 1.800.842.2125 or 561.471.8876.

And if you've been dreaming of attending HIPPOCRATES HEALTH INSTITUTE but thought you couldn't afford it, *Dr. and Mrs. Clement* are happy to announce the Institute has lending partners to help people who couldn't otherwise afford to attend the Institute. Over 6,000 physicians and health institutions have successfully teamed with these companies for over a decade since their inception. For information about HIPPOCRATES HEALTH INSTITUTE see www.HippocratesInstitute.org.

The Institute boasts over 50 years of helping people help themselves, and is the pioneer in health care and healing. In 2014 the new "Optimal Wellness Program" is launching, to lead the way for a new healthcare model designed to strengthen vitality and maximize recovery. A holistic approach integrates the latest advances while recognizing the body is designed to heal itself. The Institute's beautiful 50-acre campus is located in West Palm Beach, FLORIDA.

Burnout

Every hour of every day 90 launch officers are on duty in underground command posts that control *Minuteman III* missiles. Inside each buried capsule are two officers responsible for 10 missiles, each in a separate silo containing one or more nuclear warheads ready for launch within minutes. They await Presidential launch orders that thankfully have never arrived in the more than 50-year history of *American Intercontinental Ballistic Missiles (ICBM's)*.

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The AIR FORCE directed RAND to study the attitudes and work conditions inside the ICBM work force. RAND'S Senior Behavioral Scientist, Chaitra Haardison, led the study. Her perception of the U.S. Air Force indicates the AIR FORCE may need more understanding of what is going on within the ICBM community and their needs.

(Source: November 21, 2013, MAIL TRIBUNE, "Burnout a Major Issue in U.S. Nuclear Force" by Robert Burns)

Accountability

The WORLD HEALTH ORGANIZATION (WHO) is based in Lyon, FRANCE. One of its departments is the INTERNATIONAL AGENCY FOR RESEARCH ON CANCER (IARC). IARC evaluates carcinogens. Kurt Straif is IARC's Department Head. He has announced that IARC classified AIR POLLUTION THE WORST ENVIRONMENTAL CARCINOGEN, worse even than second-hand cigarette or cigar smoke. According to Straif the air breathed by most people is polluted with gases and particulate matter. The fine particles get deposited deep in the lungs.

It is scientifically unequivocal now that smog causes lung cancer. The WORLD HEALTH ORGANIZATION now classifies polluted AIR as a known carcinogen danger, right alongside asbestos, tobacco, and ultraviolet radiation. Suffering Man can now use the new SCIENTIFICALLY VALIDATED CLASSIFICATION to urge the federal ENVIRONMENTAL PROTECTION AGENCY (EPA) to hold the polluters accountable. **The main polluters causing lung cancer are agricultural emissions, diesel exhaust, industrial emissions, power plants, and transportation.**

According to OSHA's Chief, David Michaels, most of the government's chemical exposure limits are based on standards adopted shortly after OSHA came into existence in the 1970's. The rules set inadequate exposure limits for many of the chemicals covered, and today's chemical companies, federal officials, and industrial scientists acknowledge the rules don't offer guidance on chemicals introduced in the four decades since the 70's. OSHA estimates about 50,000 workers a year die from issues related to chemical exposures.

To learn more about toxins in cleaning products visit WOMEN'S VOICES FOR THE EARTH at www.womensvoices.org, and the ENVIRONMENTAL WORKING GROUP'S GUIDE TO HEALTHY CLEANING at www.ewg.org/guides/cleaners.

(Sources: October 18, 2013, MAIL TRIBUNE, "Global Agency Ties Pollution to Cancer" by Maria Cheng, LONDON; November 21, 2013, THE WALL STREET JOURNAL, "Battle Over Risky Chemicals", by Alexandra Berzon)

Occupy Longevity

Medical evidence correlates health and longevity with natural settings. In 1992 researchers studied 3,000 Tokyo residents between 74 and 89 years of age to see what factors correlated with staying alive for another five years. Taking sunny outdoor walks in a nearby park or green space made the difference. Those who amble through parks, go hiking, or tend gardens live longer.

Studies also show that a view of nature helps ailing people recover more quickly. Patients whose hospital rooms look out over green spaces or parks recuperate faster after surgery than do those without a view. The infirm need to connect to nature and to wild things.

Assistant Professor, Jacqueline Kerr, at the UNIVERSITY OF CALIFORNIA – San Diego, in the Department of Family and Preventive Medicine is going to conduct a further randomized clinical trial research on the subject.

It would be wonderful if America would solve how to bring the natural world of the great outdoors into the lives of more senior citizens, in order to improve their health. The EDEN ALTERNATIVE movement wants nursing homes to bring in the natural world, because it kills the elderly to lose all connection with children and the natural world.

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Geriatric Psychiatrist, Dr. Helen Lavretsky, at the UNIVERSITY OF CALIFORNIA – Los Angeles leads walks in the woods and outdoor yoga classes for geriatric health because the ultimate pleasure is being connected to the Earth. Just being outside is a major pleasure. Finding joy in Nature is a powerful thing that is essential for health, positive moods, and restful sleep

Associate Professor of Medicine, Andrew Duxbury, at the UNIVERSITY OF ALABAMA – Birmingham Division of Gerontology, Geriatrics, and Palliative Care agrees that a natural setting offers something extra to physical activity and is more beneficial than just the body making Vitamin D. Man seems designed to be a lover of the great outdoors, instead of huddled around a TV set.

Grandmothers and others, put up a bird feeder so you can sit by a window and watch the birds. It brings a feeling of “goodness”. Hopefully you have a window view where you can see beautiful sunsets with clouds lined in gold.

Gardening is especially important because plants need to be taken care of, and we all want to feel needed. For gardening tips, go to www.nwf.org/seniorgarden. For as long as you are able, get outdoors among green, growing things where there are children and wildlife habitat around you. Even if you are age 92, there is an appreciation and joy of being in contact with Nature, such as the beauty of fragrant flowers.

(Source: October/November 2013 NATIONAL WILDLIFE, “Nature’s Long-Term Benefits” by John Carey)

Pop Quiz

Can you draw the boundaries of your watershed?

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